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Integration of comprehensive and innovative approach in teaching students-sportsmen

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Abstract

This article deals with the author's vision of teaching students-athletes the discipline "Natural-science foundations of physical culture and sports: Physics" (hereinafter, physics) based on the integration of module, personal-activity, competence, historical, concentrated, problematic approaches. The modular approach involves division of educational material into thematic units (modules), and the result of their study is assessed according to the score-rating system of students' knowledge evaluation. Self-educational skills of work with information resources generated with the students during the study of computer science, allow them to independently develop other disciplines using distance education resources and technologies in a virtual educational environment of higher school of physical education. As a result, each student-athlete receives equal educational opportunities. Personal-activity approach defines student-athlete as a subject of activity. Each student-athlete realizes his individual educational trajectory, which includes a variety of activities: educational and cognitive, social and communicative, training and competitive. The principles of competence approach allow us to determine the meaning and content of education, sense of organization of educational process, assessment of the educational results of student-athletes. Using the historical approach is reflected in the structure of the presentation of the material being studied, where sufficient attention is paid to the evolution not only of the studied laws of physics, but also to sporting achievements. Problematic approach in our study allows us to pose the problematic tasks: to explain the sports phenomena from the point of view of the laws of physics. Integration of the above mentioned approaches have determined the structure of the material partition in the blocks: "historical block", "Block of knowledge actualization", "Theoretical block", etc. Such an unusual approach to the study of discipline will contribute to a better understanding of natural science picture of the world, the formation of the ability of students-athletes to use and transform the laws of natural sciences disciplines in the field of sports and physical culture.

Keywords

Competence approach, Complex training, Concentrated approach, Modular approach, Personal-activity approach